

26th April 2014

The Foundation for Professionals in Services to Adolescents

I would like to take this opportunity to thank FPSA for their generous contribution towards my final year on my MSc course in Family and Systemic Psychotherapy. It is a two year part-time course, which has enabled me to practice as a Family and Systemic Psychotherapist. Since January 2014 I was successful at getting a new role as a Trainee Family and Systemic Psychotherapist within my current agency (Tier 4 inpatient CAMHS). I am hoping to gain a qualified post once I complete the course in July.

This new role has allowed the family therapy team to develop and provides all inpatient young people and their families/significant others the opportunity for therapy. Families have reported the usefulness of this therapy to help understand the difficulties the young people face, the influence the difficulties may have on relationships, and how they can support and help the young people to manage the difficulties once discharged from hospital. We also support other members of the Multi-Disciplinary Team and provide training in this field.

To apply for this course, participants need to have a Professional qualification and have completed the Introduction to Systemic Family Therapy course and the Immediate Systemic Family Therapy course.

The MSc course involves:

- Study of theoretical and clinical models in systemic and narrative therapy and consultation
- Direct and indirect supervision of clinical practice
- Study of culture, ethnicity and gender narratives in systemic practice
- Specific attention to individual participants professional and work settings
- Regular sessions devoted to personal and professional development

For more information about the courses, visit the website below:

<http://www.bch.nhs.uk/node/928>

I started the MSc course in September 2012; I have learnt so much and developed well as a Family and Systemic Psychotherapist. I am looking forward to completing the course and consolidating my knowledge and skills further. I feel passionate about how this training has enhance my agency and myself (professional and personally).

Many thanks again

Abigail Washington (Trainee Family Therapist, Inpatient CAMHS).